

Culinary Arts Foundations: Week 11 (3 day week: Fall Recess)

Day 1: Ch. 24. 2 Meat Cuts Poster Project Pg. 533-541

- **Objective:** Determine different primal and fabricated cuts of pork, veal, lamb and beef; determine whether those cuts are tender or less tender and the best cooking technique used with each cut.
- **Starter #7:** List the 5 safety guidelines for preventing cross contamination when working with meat. Pg. 532 'Safety and Sanitation
- **Assignment:**
 - Meat Cuts Poster Project

Students will work in groups of 2-3 to complete the poster project. They will have 3 days to complete.

Day 2: Ch. 24. 2 Meat Cuts Poster Project Pg. 533-541

- **Objective:** Same
- **No Starter**
- **Assignment:**

Day 3: Ch. 24. 2 Meat Cuts Poster Project Pg. 533-541

- **Objective:** Same
- **No Starter**
- **Assignment:**
 - Meat Cuts Poster Project DUE

Day 4:

- **Objective:**
- **Starter #**
- **Assignment:**

Day 5:

- **Objective:**
- **Starter #**
- **Assignment:**

Extra:

- Meat Cuts Notes (if not doing poster project)
- Lab Manual Activity # 88, 89 and 90

Meat Cuts Poster Project

Purpose of this assignment is to become familiar with the different primal cuts and fabricated cuts of pork, veal, lamb and beef and to determine if those cuts are tender or less tender and what cooking technique would be best used for the piece of meat.

To receive all points your poster needs to include the following guidelines:

1.) Complete outline on back sheet of this paper =15pts.

Each group member is responsible for completing the outline to receive points.

2.) Divide the poster into 4 sections

3.) Label each section with the following meat cuts = 4pts.

- Cuts of Pork
- Cuts of lamb
- Cuts of Veal
- Cuts of Beef

4.) Using the charts provided for each cut of meat, draw the animal and label the 5 primal cuts. Each primal cut should be colored and labeled. 5pts. each= 20pts.

5.) For each primal cut list 3 facts from the book, include the following information: 3pts. each= 12pts.

- Tender or less tender
- 2-3 fabricated cuts
- Cooking techniques best used for the primal cut

For each cut of meat list 3 quality characteristics 3pts. each= 12pts.

7.) Poster should be neat and easy to read =5pts.

8.) All group members should participate equally. = 5pts.

9.) All group members names included on back of poster = 2pts.

Total Points = 75

1.) Outline =	15pts.	_____
2.) Labeled Poster =	4pts.	_____
3.) Primal Cuts =	20 pts.	_____
4.) Facts about Meat cuts =	12pts.	_____
5.) Quality Characteristics =	12pts.	_____
6.) Neat =	5pts.	_____
7.) Equal Participation =	5pts.	_____
8.) Names included =	2pts.	_____
Total Points =	75 pts.	_____

Meat Cuts Poster Outline

1.) List Primal Cuts for each cut

- Cuts of Pork: _____

- Cuts of Lamb: _____

- Cuts of Veal: _____

- Cuts of Beef: _____

2.) 3 Facts about each primal cut:

- Cuts of Pork: _____

- Cuts of Lamb: _____

- Cuts of Veal: _____

- Cuts of Beef: _____

3.) 3 Quality characteristics for each cut of meat.

- Cuts of Pork: _____

- Cuts of Lamb: _____

- Cuts of Veal: _____

- Cuts of Beef: _____

Name _____ Date: _____ Period: _____

Meat Cuts Primal Cuts Outline

Cuts of Pork:

1.) Loin: _____

2.) Should Butt: _____

3.) Spareribs Belly: _____

4.) Ham: _____

Cuts of Lamb:

1.) Shoulder: _____

2.) Shank/Breast: _____

3.) Rack: _____

4.) Loin: _____

5.) Leg: _____

Cuts of Veal:

1.) Shoulder: _____

2.) Shank/Breast: _____

3.) Rack: _____

4.) Loin: _____

5.) Leg: _____

Cuts of Beef:

1.) Shoulder: _____

2.) Shank/Breast: _____

3.) Rack: _____

4.) Loin: _____

5.) Leg: _____

Notes:
Meat Cuts
Principles of Cooking Meat

A. Cuts of Pork: pork is the meat from _____ that are _____ year old

1.) 5 different primal cuts:

- Loin
- _____
- Boston butt
- _____
- Fresh Ham

2.) Quality Characteristics:

a.) Lean

b.) Many rules and regulations about how hogs are _____

3.) Processing: act of _____. Improves flavor of the food and greatly _____

a.) _____: preserving pork with salt, sugar, spices, flavor and nitrites

b.) _____: exposing the pork to the smoke of fragrant hardwoods (Cured first)

c.) Irradiation: exposed to a _____. Delays _____ by destroying cells that cause it.

B. Cuts of Lamb: comes from _____ that are less than _____. Meat from older sheep is called _____ and is usually tough.

1.) Carcass is divided into:

- Shoulder
- _____
- Rack or rib
- _____
- Hindsaddle
- _____
- Leg

2.) Quality Characteristics

a.) _____

b.) firm and finely textured

c.) some _____ in its lean areas

3.) _____

C. Cuts of Veal: meat from _____ that are less than _____

1.) Primal Cuts

- _____
- Foreshank/breast
- Rack
- _____

- Leg

2.) Quality Characteristics

- a.) firm texture
- b.) _____
- c.) _____

D. Cuts of Beef: Americans eat more beef than any other kind of meat

1.) Primal cuts:

- _____
- Brisket/plate/flank
- _____
- Loin
- _____

2.) Quality Characteristics

- a.) check for _____
- b.) _____
- c.) fat marbling ranges from slight-moderately abundant

3.) Processing Beef

- a.) _____: increase shelf life and affects flavor
- b.) Aging: under refrigeration; _____
- c.) _____: kills microorganisms and increases shelf life

E. Cooking Meat Impacts Tenderness

1.) High-heat cooking:

- a.) toughens proteins and _____
- b.) used for _____ of meat (broiling/grilling)

2.) Low-heat Cooking

- a.) best when preparing _____
- b.) steam or liquid penetrates the meat more quickly than dry heat
- c.) Only add additional _____ to low fat meats

F. Determining Doneness Depends on the Following Factors:

- Cooking method
- _____
- Internal temperature
- _____
- Size
- _____